

LEVITICUS RICH

MONTH 3

PILLAR OF RELATIONSHIPS
ACTION PLAN

BLB
BETTER LIFE
BLUEPRINT

Building the Pillar of Relationships

30-Day Action Plan

You've made it through Month 1 and 2 of the program. You're almost at the final stretch! Now, it's time to work on the final pillar of the Good Life-Relationships.

Building the Pillar of Relationships will arguably be the most important and valuable pillar in the long run. Listed in this action plan will be your primary objectives. However, I've also included some techniques I've used to help make building bonds much simpler.

Please note that you *don't* have to use my techniques. The techniques are purely supplemental and they're designed to be used to help you accomplish the objectives. With that being said, absolutely follow the objectives on the following page in order and as suggested.



Building the Pillar of Relationships

30-Day Action Plan

Week 1 - Talk to 1 new person a day

- You don't need to have a full-blown conversation. You simply need to initiate communication with this person. Talking to staff or people you *must* talk to (such as in stores) doesn't count. You must initiate a conversation with someone you don't know that's not in a position where they *have* to talk to you.

- Your goal is to talk to at least 7-10 new people by the end of the month

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30-Day Action Plan

Week 2 - Add 3 new people to your Spreadsheet

- Using the spreadsheet provided, add 3 new people to it. Include their name, something interesting about them, and at least one form of contact (phone number, email, social media, etc.).

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30-Day Action Plan

Week 3-4 - Grab Coffee with at least 4 people total (this breaks down to at least 1 per week).

- As you continue to meet more people and add them to your spreadsheet, set up a day and time to get coffee with at least 4 people over the final 2 weeks of the month. Remember to follow up! And also be mindful of what they like, which you should've learned from your initial conversation.

Building the Pillar of Relationships

SOCIAL HACKS

In the following pages, I'm going to share with you some techniques that I call *Social Hacks*. I personally use these all of the time to this day.

I learned these techniques several years ago when trying to build the social pillar myself. As you probably heard from the videos in the program, I used to be super shy and introverted to the point where looking someone in the eye made me extremely anxious. These are techniques that helped me connect with people far faster.

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SOCIAL HACKS

As a bonus, while the following techniques may seem simple, they work very well in dating scenarios as well as in general social scenarios. To provide extra value, I'll share with you how some of these techniques can be used in scenarios with girls, when applicable.

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SOCIAL HACKS

Always be Better than "Good"

One of the most common ways that people tend to respond to "How are you?" is with the phrase, "I'm good".

If this is you, stop that. While this can be fine in extremely general situations, if you're hoping to make a great first impression and open someone for conversation, you always want to be better than good to stand out.

Try this: Instead of responding with "I'm good", respond with "I'm great", "I'm excellent", "Better than I deserve", or "I'm pretty phenomenal". Notice the difference in how you're perceived.

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SOCIAL HACKS

Become a Storytelling GOD!

If you're meeting someone new, you want to build rapport relatively quickly. A great way to do this is with storytelling. Tell a story that relates to the topic of discussion. Don't make the story too long but allow some time to build-up to the resolution.

One of my suggestions, be mindful of the facial responses of whom you're talking to. If they're not smiling or don't seem too engaged, cut the story short. If they are engaged, inject more enthusiasm into the story and ramp up the buildup to the conclusion.

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SOCIAL HACKS

Use This Secret Technique to Open Someone

One of the best things to understand about people is that they're most interested in themselves. This is absolutely okay. And this is true of all of us regardless of how selfless you or anyone else is.

I've tried this with men and women and I've had this technique used on me. It works amazingly every time. Find something someone is wearing and compliment them on it to open them up to converse. It's that simple. Understand that this requires you to exercise your observation skills.

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SOCIAL HACKS

Use This Secret Technique to Open Someone

Also, don't be generic. Compliment something that seems unique to the individual. For example, if you see a girl with tattoos, compliment a specific tattoo and ask if there's a story.

If you see a man wearing a unique style of suit, compliment it. If someone is wearing a leather jacket, it's usually an intentional item to wear (not just something that was tossed on because it was nearby). Unique earrings like gauges, necklaces, watches (for men), or special hats (for women) are also great items to compliment or bring up.

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SOCIAL HACKS

Dominate Conversations with the 80/20 rule

Many people talk about themselves in conversation. This is okay to an extent. But as I mentioned in the previous technique, most people are self-interested. I suggest spending 80% of the time talking about the other person and 20% talking about yourself.

The key is to be genuinely interested in the other person in order to not make questions seem fake or forced. If you are intrigued with what the person is saying, it should be easy to ask questions about their hobbies, projects, interests, etc. If you're not very interested, I don't recommend forcing it.

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SOCIAL HACKS

Remember Names

Have you ever identified yourself as *someone that forgets names*? Me too. But that ends today. Drop that identity. Instead, when someone introduces you, use their name 2-3x after hearing it. Read the following example:

You: "Hey. nice to meet you, man. What's your name?"

JOHN: "Same. Nice to meet you too. My name is John".

YOU: "Very nice to meet you John. Let me ask you a quick question, John. Have you ever...?"

Keep it simple. You don't need to spam their name like Rick from Rick & Morty. But it creates a good feeling subconsciously for others to hear their name. And people feel special when you invest a little time to remember them.



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SOCIAL HACKS

Leave Logic at the Door

This is a BIG issue I see in other guys and I was extremely guilty of it myself. Drop your logic...Or, at least, be *less* logical in your conversation.

You don't need to *interpret* every sentence as intended or literal. This is difficult to describe in this short guide. But be mindful of your conversation and where you take it. You don't need to make logical leaps in the flow of conversation. This is specifically true of men, in my opinion, but a lot of men will minimize humor in exchange for a straightforward conversation. I'll give you a brief example of a logical conversation and an illogical one.

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SOCIAL HACKS

Leave Logic at the Door

Ex. of a Logical Conversation:

John: "Hey bud, I thought I saw you at the gym yesterday. Was that you?"

YOU: "Hey John. Yeah. That was me. I went for an hour or so to get in a lift."

Ex. of Illogical Conversation:

John: "Hey bud, I thought I saw you at the gym yesterday. Was that you?"

YOU: "Hey John, yeah. I was training like an animal yesterday. I'm trying to be in the next Avengers like Thor".

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SOCIAL HACKS

Leave Logic at the Door

Do you see how the second example is more interesting and opens the door to more conversation? This is a short and simple example but don't be afraid to answer questions with some humor or some form of exaggeration.

This is a skill you develop over time and as you continue to do it, it'll become more of a habit. But give this a shot. Next conversation you're in, try to intentionally respond in an illogical or over-the-top way. Get creative and let your imagination wander.

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SOCIAL HACKS

Dress to Impress

I won't go too deep into this as I discuss this in the program. But make a habit of grooming more frequently and dressing yourself to stand out. Most people put little to no effort in their daily clothing. Don't be one of these people.

Even a basic T-shirt and jeans with a few accessories can go a very long way and help you stand out.

Also, you don't need to break the bank. You only need the essentials for most scenarios. A few T-shirts, maybe a coat or light jacket, 2 or 3 pairs of jeans, a watch, and nice shoes will do you immense justice.

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SOCIAL HACKS

"You're Like Me..."

As humans, we seek to find others like ourselves. This is known as the *Liking Bias*. One of the best and simplest ways to build rapport quickly is to identify something that you both have in common. You see this often with Sports Teams or Colleges, for example. If two strangers meet and learn that they like the same sports team or went to the same university, watch as they immediately become best friends.

Use this to your advantage. You'll need to train your *listening muscle* in order to do this. However, this simple principle of cognitive psychology works wonders. Use this technique with caution.

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SOCIAL HACKS

Free Your Hands

Being expressive and speaking with your hands is typically appealing to people. It's engaging and keeps people in a conversation. Communicate with your hands more.

Also, in general, keep your hands out of your pocket. Many men in particular talk with their hands in their pockets or they speak with closed-off body language. Open yourself up and keep your hands exposed. Subconsciously, humans are more attuned to feel at ease when we can see the palms of others' hands.

Our caveman brain feels comfort in knowing the person across from us isn't hiding a weapon. Keeping your hands in your pocket or hiding your hands for a long time while conversing is a great way to make someone uncomfortable.

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SOCIAL HACKS

Loosen Your Tongue

My final technique isn't one you can necessarily use immediately. But I believe it helps to increase your vocabulary *and* be able to speak clearly.

I try to occasionally learn synonyms or keep interesting words in mind that I find intriguing. For example, I recently incorporated the words, "compendious," "brevity", and "perspicacious" into my vocabulary. It'll make you seem more intelligent. Use words like this with caution though. Using too many words that require a dictionary will make you seem arrogant and off-putting. I recommend using words like this for the sake of emphasis to draw people into your sentences.

I also recommend using tongue twisters to help you pronounce and articulate words clearly.

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SOCIAL HACKS

Loosen Your Tongue

Several years ago, I had difficulty speaking clearly and effectively. To practice, I'd wake up early and for 10 minutes a day, I'd practice several tongue twisters. Some of them I have below. Start slowly and increase the speed at which you say them over time as you feel more comfortable.

"Whether the weather is cold or whether the weather is hot, we'll be together whatever the weather, whether we like it or not".

"A big black bug bit a big black bear. Made the big black bear bleed blood".

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SOCIAL HACKS

Loosen Your Tongue

"Red lorry. Yellow lorry. Red lorry. Yellow lorry."

"You know you need unique New York."

"She sells sea shells by the sea shore. The shells she sells are surely sea shells. So if she sells shells on the sea shore, I'm sure she sells seashore shells".